

Misawa's

Spouse Connection



Airman and Family Readiness Center
Torii Building
226-4735



Volume 2, Issue 9
September 2009

Please send all submissions to:

**Airman & Family Readiness Center
Events for Families of
Deployed Air Force Members:**



Deployed Movie Night

Sunday, 13 Sept 2009

**1300 - Harry Potter and the
Half-Blood Prince (PG)**

1700 - Post Grad (PG13)

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Deployed Family Bowling

Saturday, 26 Sept 2009

1300 - 1500

Walmsley Bowling Center

**Come out and enjoy Free bowling
and food!**

**Provided by
The Airman & Family Readiness
Center**



Japanese Culture Corner

September

BEAUTIFUL KIMONO



What is Kimono?

Kimono is the long robe with wide sleeves and a broad sash that is traditionally worn as an outer garment by Japanese. Some people wear kimono on special occasions, such as on New Year's day, Coming-of-Age Day ceremonies, wedding receptions and so on.

Kimono Styles

There are many kinds of kimono, each worn according to the event, season or age. However, the formal kimono can be basically broken down into two main categories based on the person's age and marital status. Young unmarried women wear kimono with long sleeves called furisode. The sleeve length can vary from slightly long to very long reaching the ankle. Young women's kimono are very vibrant, colorful and rich with patterns.

Older women or those who have married, wear a kimono with short sleeves called tomesode. The kimono designs are smaller or solid and the colors are more subdued. There are also special kimono made for ceremonies and paying respect called the tsukesage, komon and the homongi.

Japanese kimono are worn to compliment the seasons. In the spring, bright colors and spring floral kimono patterns are worn. In the winter, especially near the holidays, kimono patterns with designs such as the bamboo, pine trees or plum blossoms are worn for they signify good luck and prosperity. Yukata is a Japanese summer kimono worn by both men and women.

Today, the traditional Japanese yukata is widely used for everything from festivals, Japanese hotels, summer daily wear to simple night attire. In Japan, the yukata is the most popular daily clothing wear and is beloved for its 100% lightweight cotton fabric.



KIMONO DRESSING CLASS

The Airman & Family Readiness Center is going to hold the Kimono Dressing Class. Learn from the local Japanese how to wear summer kimono called Yukata. Don't forget to bring your camera for the folks back home! Please call the A& FRC 226-4735 to sign up.

Date & Time: 15 Sept 09, 1800-1930

Where to meet: the Airman & Family Readiness Center (Torii Bldg 656)



EXPERIENCE JAPAN!

All classes require advanced sign-up.

Call 226-4735 or visit the A & FRC in the Torii Bldg 656

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Ariga-

konnichiwa!

SURVIVAL JAPANESE

Date & time: 8, 14, 21, 28 Sept, (4 sessions) 900-1000 or 1730-1830

Where to meet: Misawa Inn conference room (Children are not allowed.)

Learn basic Japanese in a series of four sessions throughout the month. This is a great way to learn enough to navigate on your own or interact with the local population!

KIMONO DRESSING CLASS

Date & time: 15 Sept, 1800-1930 (Children are allowed.)

Where to meet: A&FRC classroom (Torii Building)

Learn how to wear a Japanese summer kimono called a yukata. We provide yukata for men, women and even children. Be sure to bring your camera!

KOMAKI ONSEN RESORT TOUR

Date & time: 11 Sept, 1000 -1200 (Children are not allowed.)

Where to meet: Misawa Inn conference room

Visit a beautiful indoor & outdoor hot bath, Japanese garden, picturesque lake, Nebuta festival exhibition, & more. People come from all over Japan to visit this famous resort!

GROCERY SHOPPING IN JAPAN

Date & time: 15 Sept, 1000-1130 (Children are not allowed.)

Where to meet: Misawa Inn conference room

Having trouble reading the label? Go shopping on a guided tour at a local grocery store in Misawa City. Learn to pick out and buy all kinds of new grocery items!

JAPANESE COOKING CLASS – TEMPURA

Date & time: 28 Sept, lunch time (1000-1200); 29 Sept, evening (1800-2000)

Where to meet: A&FRC kitchen (Torii Building)

Learn from local professionals how to make Tempura. Attendees will actually participate in the food preparation and cooking process. (cutting and cleaning etc. alongside the instructors) Children are not allowed.

JAPANESE OBI TIE CLASS & POTLUCK LUNCH

Date & time: 22 Sept, 1100-1300 (Children are not allowed.)

Where to meet: A&FRC kitchen (Torii Building)

Have fun with learning how to tie obi (belt for kimono) for the decoration for your home! You need to bring your own obi and sewing set for this class. Please bring a dish to share!

“OUTSIDE THE GATE” TOUR – EXPLORE TOWADA CITY

Date & time: 9 Sept, 845-1400 (Children are allowed.)

Where to meet: Misawa Inn conference room

Visit a second hand kimono shop, a modern art museum (entrance fee: 500 yen) and Hard-Off (the largest thrift shop in this area). Please bring some yen for your lunch.

SECOND HAND SHOPS IN MISAWA

Date & time: 25 Sept, 1000 - 1200 (Children are allowed.)

Where to meet: Misawa Inn conference room

Enjoy shopping at TUC second hand shops, Waku-Waku Kids and Bamboo-i second hand shop.

INTERACTIVE JAPANESE – ORIGAMI CLASS & LUNCH W/ LOCAL JAPANESE

Date & time: 16 Sept, 0930-1200

Where to meet: Misawa Inn conference room and carpool to the Misawa Int'l Center

Please join us for a mild lunch, while we socialize with local Japanese spouses and their children. Persons without children are still welcome to attend





Misawa Air Base

Fall Session 2, 2009 - 2010

Registration Times: 0730 - 1630

Registration Dates: July - October 2009

Term Dates: October 26 - December 20, 2009

For more information, contact your
local UMUC Field Representative at 222-8290

Monday through Thursday 1200 - 1315

JAPN 111	Elementary Japanese I	Kmetz, Yoko
PSYC 353	Adult Psychopathology	Adams, Richard

Monday and Wednesday 1640 - 1920

ACCT 220	Principles of Accounting I	Pettit, Megan
BMGT 365	Organizational Leadership	Williams, Kevin
IFSM 303	Human Factors in Information Systems	Ewing, Tom
PSYC 100	Introduction to Psychology	Adams, Richard
WRTG 291	Expository and Research Writing	Jenkins, David

Monday and Wednesday 1930 - 2210

BIOL 120	General Botany	O'Neal Rory
JAPN 114	Elementary Japanese IV	Nishikawa, Hiroyuki
MATH 107	College Algebra	Ewing, Tom
MGST 160	Principles of Supervision	Williams, Kevin

Tuesday and Thursday 1640 - 1920

BIOL 101	Concepts of Biology	O'Neal Rory
JAPN 115	Elementary Japanese IV	Kakuta, Yasushi
MATH 012	Intermediate Algebra	Ewing, Tom
SPAN 111	Elementary Spanish 1	Minton, Cristina

Tuesday and Thursday 1930 - 2130

BIOL 102	Laboratory in Biology	O'Neal Rory
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Tuesday and Thursday 1930 - 2210

BMGT 110	Introduction to Business and Management	Williams Kevin
HIST 266	The United States in World Affairs	Parker, Zenaida-Danei
IFSM 201	Introduction to Computer-Based Systems	Bullman, Shaun
JAPN 112	Elementary Japanese II	Kakuta, Yasushi
UMEI 020	Writing for Nonnatives (0 credit)	Jenkins, David

Saturday 0830 - 1230, October 31 & November 14

LIBS 150a	Information Literacy and Research Methods (1 credit)	Jenkins, David
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Saturday 1300 - 1700, October 31 & November 14

LIBS 150b	Information Literacy and Research Methods (1 credit)	Jenkins, David
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Special Course at Airman Leadership School

1640 - 1945 on October 27, 28, November 5, 6, 10, 11, 19, 20, 24, 25 & December 8, 9, 17, 18



Master of Science in International Relations

TERM II: 12 Oct – 13 Dec 09

- IR 5551 Survey of International Relations
 - Meets 14-15 Nov, 21-22 Nov 09
- IR 6610 International Organizations
 - Meets 17-18 Oct, 24-25 Oct 09

REGISTRATION: 14 SEP – 11 OCT 09

Call 226-3748 or e-mail Misawa@Troy.edu to get started today!



Military Spouse Career Advancement Accounts (MyCAA)

Apply for up to \$6,000 of Financial Assistance from Department of Defense to pursue degree programs, licenses, or credentials.

Available to Spouses of active duty and activated National Guard and Reserve service members.

Visit <https://aiportal.acc.af.mil/mycaa> to establish an account

For more information, visit your college representative or the Education Office

2009 MISAWA COMMUNITY JOB FAIR & VOLUNTEER OPPORTUNITIES

Looking for employment in Misawa? Meet with AAFES, FSS Human Resources, Civilian Personnel Office, and more.

**Mokuteki Community Center Ballroom
September 24, 2009
10:00 am – 2:00 pm**

For more information, contact the Airman & Family Readiness Center at 226-4735

AIRMAN & FAMILY READINESS CENTER



Looking for employment?



Need experience for your resume?



Relocation Programs Currently Seeking Volunteers:

Loan Locker
Daily
0900-1200
1200-1500

Misawa City Tours
Thursdays
0730-1230

Hachinohe Tours
Fridays
0800-1400

Please contact Airman & Family Readiness Center @ 226-4735

1-2-3 Magic

Parenting Workshop

Effective Discipline for Children Ages 2-12

1-2-3 Magic is a simple and effective strategy for managing the behavior of children and getting more out of your relationship with your kids.

Step 1: Controlling Obnoxious Behavior: Learn simple techniques to get the kids to STOP what you don't want them to do (whining, arguing, tantrums).

Step 2: Encouraging Good Behavior: Learn methods to get your kids to START what you want them to do (homework, going to bed, etc).

Step 3: Strengthening Relationship: Learn techniques that reinforce the bond between you and your children.

1-2-3 Magic is a three-part series on
Fridays in September

Sept 11th 1200-1400

Sept 18th 1200-1300

Sept 25th 1200-1400

Call the Airman & Family Readiness Center to Register. Both parents and any caregivers are encouraged to attend!

226-4735





Misawa Classes and Groups

Infant Playgroup (EDIS)

1000-1100 Wednesdays
Bldg 94 226-9039

Anger Management

1000-1100 Fridays
Bldg 96

Toddler Playgroup (EDIS)

1000-1100 Thursdays
Bldg 94 226-9039

Latchkey

1500-1600 Thursday
Sep 24th – Bldg 96

Childbirth Class

0900-1600 Thursday
Sep 3rd – Bldg 96
226-6643 to sign up

Basic Training for Dads

1300-1600 Friday
Sep 18th – Bldg 96

Breastfeeding Class (WIC)

1300-1500 Friday
Sep 28th – Bldg 96
226-5592 to sign up

Baby Care Basics

1230-1600 Thursday
Sep 17th – Bldg 96

123 Magic

Sep 11th, 18th & 25th
226-4735 for more info

New Parent Group

1500-1600 Fridays
Sep 4th & 18th
Call for location!



SEP 09

For additional information or to sign up for a class call 226-2123



NEWS RELEASE

Defense Commissary Agency

Office of Corporate Communications
1300 E Avenue Fort Lee, VA 23801-1800

Tel: (804) 734-8000, Ext. 4-8524 DSN: 687-8000, Ext. 4-8524

FAX: (804) 734-8248 DSN: 687-8248

www.commissaries.com

September case lot sale promises huge savings

*By Tammy L. Moody,
DeCA marketing and mass communications specialist*

Misawa – Commissary customers can save 30 percent or more on their purchases every day, but in September they can save even more by shopping at the Misawa Commissary 18 – 20 September 2009.

As seen in the past, the Defense Commissary Agency’s worldwide case lot sale promises record numbers of customers taking advantage of savings of 50 percent or more on bulk-sized products. These items range from canned goods, beverages, toilet paper, paper towels, produce, fresh meat, seafood, pet supplies, cleaning and laundry products, and more.

“Commissaries offer the military and their families great ways to extend their purchasing power through the case lot sales we hold in May and September,” said DeCA Director and CEO Philip E. Sakowitz Jr. “It helps them take advantage of their commissary benefit even more.”

The products at these events are normally seen stretched out in a section of a commissary parking lot or inside a store warehouse. Some 50 to 60 percent of the items are sold in “club pack” product assortments similar to the oversized or multiple products sold at commercial warehouse club outlets.

“Case lot sales give our patrons even more savings beyond our normal great prices,” said Gregory McGruder, Store Director. “With children going back to school, families are looking for an opportunity to save money. Case lot sales provide this opportunity.”

Although smaller commissaries in the United States and those on installations overseas will carry a more limited selection, all stores will offer customers the massive savings associated with these events, he added.

- DeCA-

About DeCA: *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth about \$3,400 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America’s military and their families, and help recruit and retain the best and brightest men and women to serve their country.*